

# When you feel like giving up



# alivecommunitychurch

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Turning Setbacks into Comebacks



# Nehemiah 4:6-12

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"So we rebuilt the wall around Jerusalem until it had reached *half its original height, because the people worked at it with all their heart*. But then the other tribes in our area heard about our progress and how Jerusalem's walls were being repaired and all the gaps were being closed. They became very angry and they all plotted together to attack Jerusalem and create some confusion to stop the progress. So we prayed to God for protection and posted 24 hour guards.



But about that time, the people of Jerusalem began to complain. They said 'We're tired and worn out. *We can't keep up this pace!* Besides that there is *so much rubble* and trash to be removed. We now realize that *we cannot finish this wall*. Meanwhile our *enemies are threatening to kill us* in order to stop this work! Then, those of us *who lived closest to our enemies* kept reporting over and over – ten times – that our enemies kept saying "It doesn't matter where you go, we'll attack you!"



## Setbacks that cause discouragement #1

### WHEN SOMETHING TAKES LONGER THAN EXPECTED

- "They said 'We're tired and worn out. *We can't keep up this pace!*'" Nehemiah 4:10a
- "Never forget how the Amalekites . . . *attacked you when you were exhausted and weary*, and they struck down those who began to lag behind . . ." Deut. 25:18 (NLT)



## Setbacks that cause discouragement #2

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### WHEN SOMETHING IS MORE COMPLICATED THAN EXPECTED

- "Besides that, there is *so much rubble* and trash to be removed!" Nehemiah 4:10b

"Come, Lord, and show me your mercy, for I feel *helpless, overwhelmed, and in deep distress.*" Psalm 25:16 (LB)



## Setbacks that cause discouragement #3

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### WHEN I START TO DOUBT MY OWN ABILITY

- "The people said, 'We now realize that *we cannot finish this wall.*'" "We will NEVER be able to finish it." Nehemiah 4:10c



## Setbacks that cause discouragement #4

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### WHEN THE OPPOSITION GROWS STRONGER

- "Meanwhile our *enemies are threatening to kill us* in order to stop this work" Nehemiah 4:11
- "Then, those of us *who lived closest to our enemies* kept reporting over and over – ten times – that our enemies kept saying "It doesn't matter where you go, we'll attack you!" Nehemiah 4:12



What should I do when I feel like giving up #1

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## REORGANIZE WHATEVER IS NOT WORKING

- "So I *stationed armed guards* at the *most vulnerable places* of the wall and assigned people *by families* with their swords, lances, and bows." Nehemiah 4:13 (Mes)
- "Some people have gotten out of the habit of *meeting* with other believers, but we must not do that. Instead, we should *keep on encouraging each other* . . ." Hebrews 4:25



## What should I do when I feel like giving up #2

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### REFOCUS ON GOD

- "Then as I looked over the situation, I called together the leaders and the people and said to them, "*Don't be afraid* of the enemy! *Remember the Lord*, who is great and glorious." Nehemiah 4:14a (NLT)
- (Jonah) "When I had lost all hope I *turned my thoughts* once again to the Lord." Jonah 2:7 (LB)
- (David) "I'm completely discouraged. Revive me by your Word!" Psalm 119:25 (LB)



What should I do when I feel like giving up #3

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## RESIST THE DISCOURAGEMENT

- (Then I told them) ". . . *Fight* for your brothers, and your sons and your daughters, and wives and homes!" Nehemiah 4:14b (NIV)
- "So humble yourselves before God. *Resist the devil*, and he will flee from you." James 4:7